

# Stillaguamish Senior Center

18308 Smokey Point Blvd, Arlington, WA 98223  
Phone 360-653-4551 Website: [www.stillycenter.com](http://www.stillycenter.com)

## AUGUST 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 <i>Music Doug Williams</i>	5
6	7	8	9 <i>Grocery Run</i>	10 <i>Trip Aquasox Game Ice Cream Social 1:00</i>	11 <i>Music Rick Cooper</i>	12
13	14	15	16 <i>INFO @ Front Desk Picnic Kayak Point</i>	17	18 <i>Music Gerry Albin</i>	19
20	21	22	23 <i>Movie 1:00 Mr.Church Grocery Run</i>	24 <i>12:45 Wii Bowling Edmonds/There</i>	25 <i>Music Gold Rush</i>	26
27 <i>Chicken Dinner</i>	28 <i>Trip Evergreen State Fair</i>	29	30	31 <i>Wii Tournament Grandview Here 1:00</i>		<i>Theme's for Friday's in the Newsletter!</i>

### JOIN US FOR DAILY ACTIVITIES AROUND THE CENTER

#### MONDAYS

9:00 -12:00	Knit & Crochet
9:30-12:00	Needle Arts
9:45 - 10:45	Fun Fit & Function
11:00-11:45	Stretch & Breathe
10:30 -Noon	Food Room
11:00 -2:00	Adv. Oil Painting
Noon- 1:00	Lunch
1:30 - 2:15	Chair Dancercize
12:30 -3:00	Caregiver Support 1st wk
5:45 - 6:30	Zumba
7:00 -8:00	Zumba

#### THURSDAYS

9:00-12:00	Knit & Crochet
9:00 - 11:00	Artist Studio
9:15 -10:00	Beginning Tai Chi
10:00 -10:45	Advanced Tai Chi
10:30 - Noon	Food Room
12:45-1:30	Line Dance Class
1:30 - 2:15	Chair Dancercize
12:00 - 4:00	Bridge
Noon - 1:00	Lunch
12:00 - 2:00	TOPS
6:00 - 10:00	Pinochle

#### TUESDAYS

10:00 -1:00	Bingo Café
10:30 -2:00	Clogging
2:00 -4:00	Cribbage
11:00 -3:00	Bingo
5:30 -7:30	Zumba/Yoga

#### FRIDAYS

9:30-4:30	Advanced Pinochle
10:00-12:00	Blood Pressure
10:30-12:00	Food Room
10:45-12:30	Music & Lunch
12:30 -3:30	Wii Bowling Practice
5:00 - 10:00	Bingo/Pull Tabs/Cafe

#### SATURDAY

Zumba Canceled

Until September

*Check with Reception with  
any questions  
Reception Desk for updates*

#### WEDNESDAYS

8:30 - 1:30	Acupuncture
9:30 -11:30	Grocery Shopping 12th&26th
9:45 -10:45	Fun Fit & Function
11:00-11:45	Stretch & Breathe
9:50 -10:50	Mindfulness 2nd/4th Wed
10:30-Noon	Food Room
11:30-12:30	Qi Gong
Noon	Amp Alumni Lunch 1st Wed
Noon - 1:00	Lunch
1:00-3:00	Wii Bowling Practice
1:00 -2:00	Computer Skills
1:00 - 2:00	Book Club 1st Wed.
5:45 - 6:30	Zumba
7:00-8:00	Zumba

**ICE CREAM SOCIAL** 1:00 pm  
2nd THURSDAY OF EACH MONTH

#### "55 ALIVE"

#### DEFENSIVE DRIVING CLASS

2nd Tuesday & Wednesday every other month  
9:00 -1:00pm Sign up at reception  
Sept. 12th and 13th Next Class

Days and Hours

**GIFT SHOP-**  
**WED 10:00-1:00**  
**FRI 10:30-1:30**

#### **FOOT CLINIC**

2nd & 3rd Wednesday & Thursday of  
each month SIGN UP AT Front Desk

Come Try Out Our Delicious  
**Homemade**  
**Chicken Dinner**  
with  
Entertainment August 27th 12-2 pm

# UPCOMING SENIOR CENTER ACTIVITIES

*Ice Cream Social August 10th Thursday at 1:00*  
*Sponsored by Olympic Place Retirement and*  
*Assisted Living*



**POPCORN & A MOVIE- "MR. CHURCH" Wednesday, August 23rd**  
**FREE- bring or meet a new friend and enjoy a good movie together – 1:00**

Movies are shown in our Multi-Purpose Room.

Root Beer, Water and Popcorn will be provided.



When a young girl and her dying mother are joined by a black male cook who comes to live with them, little do they know that their lives are about to change forever.

## UPCOMING TRIP SIGNUP GOING ON NOW

***TRIPS — PLEASE SIGN UP AND PAY AT THE RECEPTION AREA***

***For complete descriptions see the clipboards at the front desk***

## August 10th Thursday Aquasox Game @ 11:05 with Baseball Game Lunch



Spokane Indians take on our Everett Aquasox

**11:05 Game Time**

Senior Day at the Ballpark.

We will be having hotdogs, chips and a soda as part of our ticket price.

**Bus leaves Center at 10:15**

Wear your Ball Cap

Join us in the Fun!

**Ticket Pricing Members \$25.00**

**Non Members \$30.00**



## August 28th Monday Senior Day At the Evergreen State Fair

**Come one, come all.**

**Free admission day for seniors.**

**Enjoy exhibits, food and animals.**

***We will be loading the bus at 9:00 and returning close to 3:00.***

**Under 62 \$10.00 admission price.**

**Busing: Member \$12-**

**Non Member \$17**



**WATCH FOR UPCOMING TRIPS**  
**September Clipboards for Trips at Front Desk**